

NOVEMBER 2021 SALEM SENIOR CENTER NEWSLETTER & CALENDAR



★ THANK YOU ★
veterans



EMERGENCY CONTACT FORMS

If you are new to the Salem Senior Center, please fill out an emergency contact form in your class or the office.
If you filled out one previously and have any address, phone number, or email changes, please let us know.

MONDAY, NOVEMBER 8TH
NO BRIDGE



BINGO LUNCHEON

w/lunch (menu tbd)
Thursday, December 2
11 am – 1 pm

\$6 and a small bingo prize (wrapped)
Not sure on the menu yet!!

Sign up in the office.
Must pay when you sign up.

LIBRARY IN DINING ROOM

Just a reminder that we have tons of books in the glass cabinet in the dining room in the front of the building. You do not need to check them out. Just take what you want to read and share them with your friends.



LINE DANCE CLASS

Wednesdays
1:30 pm – 3 pm

CHAIR CANING AND BASKET WEAVING

Tuesdays
10 am – 2 pm
Material Cost Only

2021 SENIOR FUN & HEALTH FAIR DAY



Sponsored by [Elder Care Solutions](#)

Salem Civic Center

Wednesday, November 3
10:00 am until 2:00 pm.

This event, in its 19th year, is geared toward Seniors 55 and over, and has become one of the Valley's greatest assets for our Senior Population.

Vendors, samples, and information to help you make decisions that affect your daily lives and future. Cooking shows, bingo, and musical entertainment add to the fun!

And **FREE PARKING & FREE ADMISSION** makes the event easy for everyone to attend!

CONNECT 4

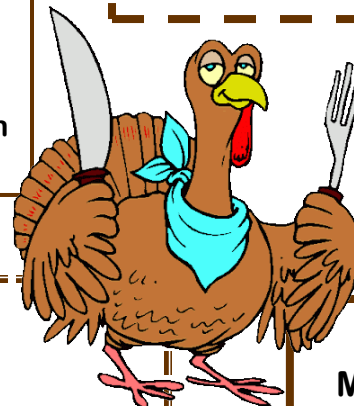
The large game board in the lobby is called **Connect 4**. It is a game for 2 people; however, we can play "winner keeps playing" so several people can play. If you're interested, please stop in the office and let us know. We can find a time to set aside in one of the rooms for all players who want to play. It's a fun game but we need several to sign up to start a weekly "tournament" day.



SENIOR MOUNTAIN PICKERS

Fridays, 11 am – 2:30 pm
(only on Fridays)

If you play a stringed instrument, bring it to play with the group. If not, and you just want to listen, come on and get a cup of coffee and enjoy the music.



BALLROOM DANCE

Tuesdays
2 pm – 4 pm

CERAMICS

Wednesdays
10:30 am – 1 pm
Material Cost Only

FITNESS CLASSES

Tuesday, Thursday, & Friday
8:45 am – 9:45 am

TAI CHI

Monday, 4 pm – 5 pm
Thursday, 2 pm – 3 pm

Classes are \$2 each paid directly to the instructor.

NEEDLEWORK/QUILTING

Wednesdays
10 am – 12 noon

Classes are \$3 paid directly to the instructor

MEDICARE SEMINAR

Thursday, November 18th
10:30 am

It is now Annual Enrollment Period so come and learn about the different plans and the current changes. Learn how to get parts A and B. Once you have Medicare what supplements and advantage plans are available.

Ice Cream Social following the presentation.

****Sign up in the office****

NEW CHAIR YOGA

Begins Tuesdays, November 23
4:15 pm – 5:15 pm

Cost - \$20 for six weeks

DMV2GO

November 15th – 18th
9:00 am – 4:00 pm
Salem Civic Center



SALEM SENIOR CENTER

110 UNION STREET
SALEM, VIRGINIA 24153
540-375-3054



VICKIE SWORD

Recreation Program
Supervisor
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BRAD BLANKENSHIP









Asst Recreation Program
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PAUL ANDREWS

Recreation Maintenance
Worker
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NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 30 	1 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee, & Foot 12–4 pm – Dominoes 4–5 pm – Tai Chi	2 – ELECTION DAY 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning 10 am–1 pm – Bridge 11 am–4 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	3 9–10 am – Tap Class 10 am–2 pm – Senior Fun Day (Salem Civic Center) 10 am–12 pm – Needlework & Quilting 10:30 am–1 pm – Ceramics 1–3:30 pm – Art on your own 1:30–3 pm – Line Dance	4 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 12:15–3 pm – Hand & Foot 2–3 pm – Tai Chi	5 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Picker 11 am–4 pm – Hand & Foot	6
7 	8 **No Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 4–5 pm – Tai Chi	9 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning 10 am–1 pm – Bridge 11 am–4 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	10 9–10 am – Tap Class 10 am–12 pm – Needlework & Quilting 10:30 am–1 pm – Ceramics 1–3:30 pm – Art on your own 1:30–3 pm – Line Dance	11 WE WILL BE CLOSED ON VETERANS DAY 	12 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Picker 11 am–4 pm – Hand & Foot	13 
14 	15 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 4–5 pm – Tai Chi	16 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning 10 am–1 pm – Bridge 11 am–4 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	17 9–10 am – Tap Class 10 am–12 pm – Needlework & Quilting 10:30 am–1 pm – Ceramics 1–3:30 pm – Art on your own 1:30–3 pm – Line Dance	18 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 10:30 am – Medicare Changes Seminar (sign up) 12:15–3 pm – Hand & Foot 2–3 pm – Tai Chi	19 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Picker 11 am–4 pm – Hand & Foot	20
21 Roanoke Valley Children's Choir presents a Nutcracker Holiday Spectacular! Sunday, November 21st, 2021 at 3:00 pm Salem Football Stadium	22 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 4–5 pm – Tai Chi	23 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning 10 am–1 pm – Bridge 11 am–4 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga (new 6-week class begins) 5:15 pm – TOPS #313	24 9–10 am – Tap Class 10 am–12 pm – Needlework & Quilting 10:30 am–1 pm – Ceramics 1–3:30 pm – Art on your own 1:30–3 pm – Line Dance	25 	26 	27 
28	29 9 am–12 noon – Bridge 11 am–4 pm – Hand, Knee & Foot 12–4 pm – Dominoes 4–5 pm – Tai Chi	30 8:45–9:45 am – Exercise Class 10 am–2 pm – Chair Caning 10 am–1 pm – Bridge 11 am–4 pm – Hand & Foot 2–4 pm – Ballroom Dance 4:15–5:15 pm – Chair Yoga 5:15 pm – TOPS #313	Dec 1 9–10 am – Tap Class 10 am–12 pm – Needlework & Quilting 10:30 am–1 pm – Ceramics 1–3:30 pm – Art on your own 1:30–3 pm – Line Dance	Dec 2 8:45–9:45 am – Exercise Class 10 am–1:00 pm – Bridge 11 am – 1 pm – BINGO Luncheon (must sign up) 12:15–3 pm – Hand & Foot 2–3 pm – Tai Chi	Dec 3 8:45–9:45 am – Exercise Class 11 am–2:30 pm – Senior Mountain Picker 11 am–4 pm – Hand & Foot ROANOKE SYMPHONY ORCHESTRA'S HOLIDAY POPS SPECTACULAR Friday, December 3rd @ 7:30pm Salem Civic Center	Dec 4



ELECTION DAY

TUESDAY, NOVEMBER 2.

DON'T FORGET TO EXERCISE YOUR AMERICAN RIGHT TO VOTE.

Salem Holiday Market

Craft & Vendor Show

2 DAYS THIS YEAR

Saturday, December 11
Sunday, December 12

AT SALEM CIVIC CENTER

Tradition says that whoever gets the bigger piece of the turkey wishbone gets to make a wish that will come true.

